



# DR. B. R. AMBEDKAR NATIONAL INSTITUTE OF TECHNOLOGY, JALANDHAR

## MENTAL HEALTH SUPPORT WEBSITE

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# TABLE OF CONTENT

- Introduction
- Literature Review
- Problem Statement
- Expected Outcomes
- Tools and Techniques
- Modules and Workflow
- Results and Discussion
- Future Scope
- Conclusion
- Check out the Website!



# INTRODUCTION

Here are some key points related to mental health issues:

- According to a survey conducted in 2020, Punjab has seen a significant rise in mental health issues, with a reported increase of 42% in cases of anxiety and depression.
- The National Mental Health Survey of India (2015-16) revealed that Punjab had a higher prevalence of mental disorders compared to the national average.
- The stigma associated with mental health issues often prevents individuals from seeking help. Only 10% of those in need of mental health services actually receive treatment.

# LITERATURE REVIEW

## Features and Limitations

### 1 BetterHelp

**Features:** Online therapy sessions, chat support, and access to licensed therapists.

**Limitations:** Paid service, limited to counseling only, may not provide extensive information on mental health issues..

### 2 Psychology Today

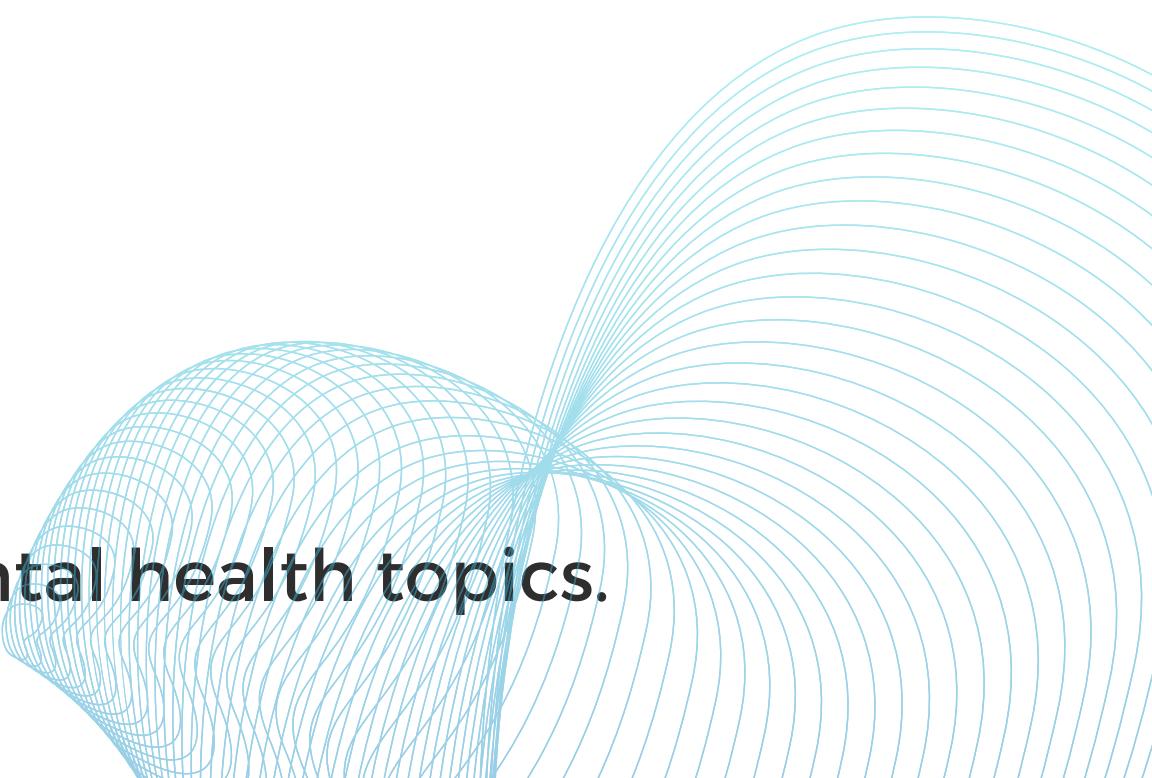
**Features:** Directory of mental health professionals, informative articles, and therapist profiles.

**Limitations:** Limited interactivity, lacks psychology tests.

### 3 7 Cups

**Features:** Peer support chat, and self-help articles.

**Limitations:** Limited professional input, not a wide range of mental health topics.



# PROBLEM STATEMENT

Mental health issues are a matter of growing concern today.

The following project provides a **comprehensive Mental Health Support Website**.

This project aims to provide a platform where individuals can -

1. Find easy access to mental health professionals.
2. Reliable information.
3. Tools to access, evaluate and enhance mental well-being.

# **EXPECTED OUTCOMES**

The Mental Health Support Website aims to address these challenges:

## **Stigma:**

Many hesitate to seek help for mental issues due to social stigma. The website provides a discrete and confidential platform for seeking support.

## **Accessibility:**

Access to mental health professionals can be limited in certain regions. This website offers contact information for nearby psychiatrists.

## **Information Gap:**

There is a lack of easily accessible and medically accurate information on mental health. The website's information library aims to bridge this gap.



# **EXPECTED OUTCOMES (cont.)**

The Mental Health Support Website aims to address these challenges:

## **Mental Health Awareness:**

Lack of awareness is a significant issue. The website provides resources and psychology tests to increase awareness and promote mental health education.

## **Community Support:**

Sharing experiences can be therapeutic. The blog feature allows users to share their own mental health journeys, fostering a supportive community.



# TOOLS AND TECHNIQUES

***Programming Languages:*** HTML, CSS, JavaScript, Python.

***Web Development Frameworks:*** NodeJS (for backend development).

***Database:*** MongoDB.

***AI Chatbot:*** Natural Language Processing (NLP).

***Web Hosting:*** A reliable web hosting service.

***Data Security Measures:*** Encryption, secure authentication.

# MODULES AND WORKFLOW

## 1. Homepage (The main landing page of the website, providing an overview.)

The screenshot shows a modern website layout for a mental health initiative. At the top, there is a navigation bar with links for "MENTAL WELL-BEING", "FIND HELP", "LIBRARY", "SUBMIT A BLOG", "MHE FORM", and "CONTACT US". To the right of the navigation are a search icon and a menu icon.

The main content area features a large, stylized illustration of a person's head and shoulders. Below this, the word "MENTAL HEALTH" is prominently displayed in large, bold letters. Underneath "MENTAL HEALTH", the words "SUSTAINED WELL BEING" are written in a smaller, lighter font.

On the left side, there is a sidebar with a yellow background containing text about the "Cultural History of Insanity" and "Medicine +". The sidebar also includes a section titled "CONFRONTING MADNESS".

The central part of the page has a large, white rectangular area with the title "ABOUT THIS INITIATIVE" and the subtitle "OUR HOPES AND THE PURPOSE OF THIS PROJECT".

At the bottom right, there is a large, abstract painting of a figure, possibly a self-portrait or a symbolic representation related to mental health.

# MODULES AND WORKFLOW

## 2. Find Help (A directory to help users find nearby mental health professionals, categorized by location in Punjab.)

Age Group

Under 18

Sex

Male

Country

India

State/Province

Punjab

City

Amritsar

### PSYCHOLOGISTS IN YOUR AREA

- **Sonia Kapur**

Address: Fortis Escorts Hospital, Majitha-Verka Bypass Road, Amritsar 143004

Contact: +91-1835032222

- **Vandita Agarwal**

Address: Fortis Escorts Hospital, Majitha-Verka Bypass Road, Amritsar 143004

Contact: +91-1835032222

- **Priyadarshini Pant**

Address: CARE AND COUNSELLING, 51,1st Floor, Near Anand Nagar Gurudwara, Lane Number 1

Contact: +91-7579132280

- **Devinder Sohal**

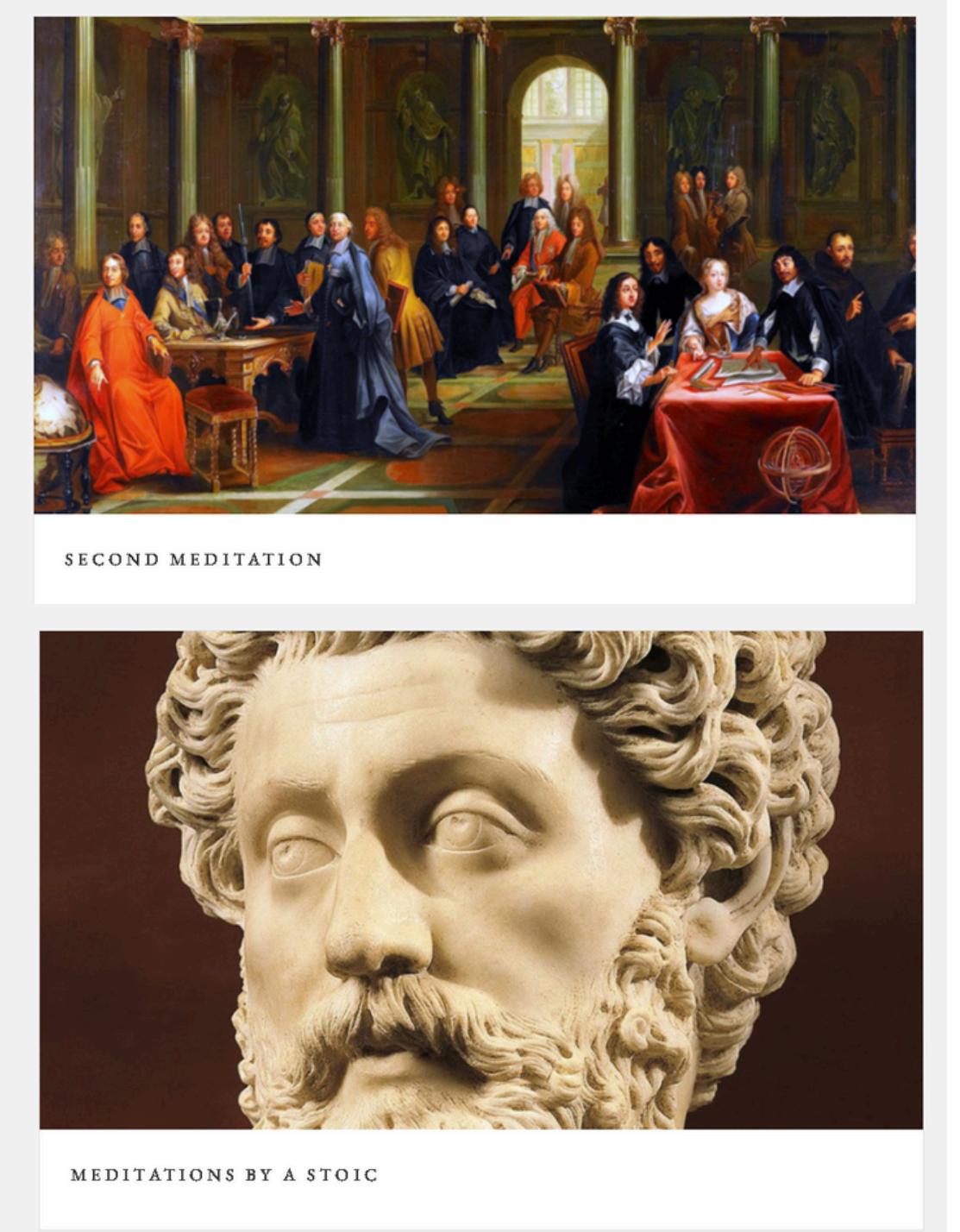
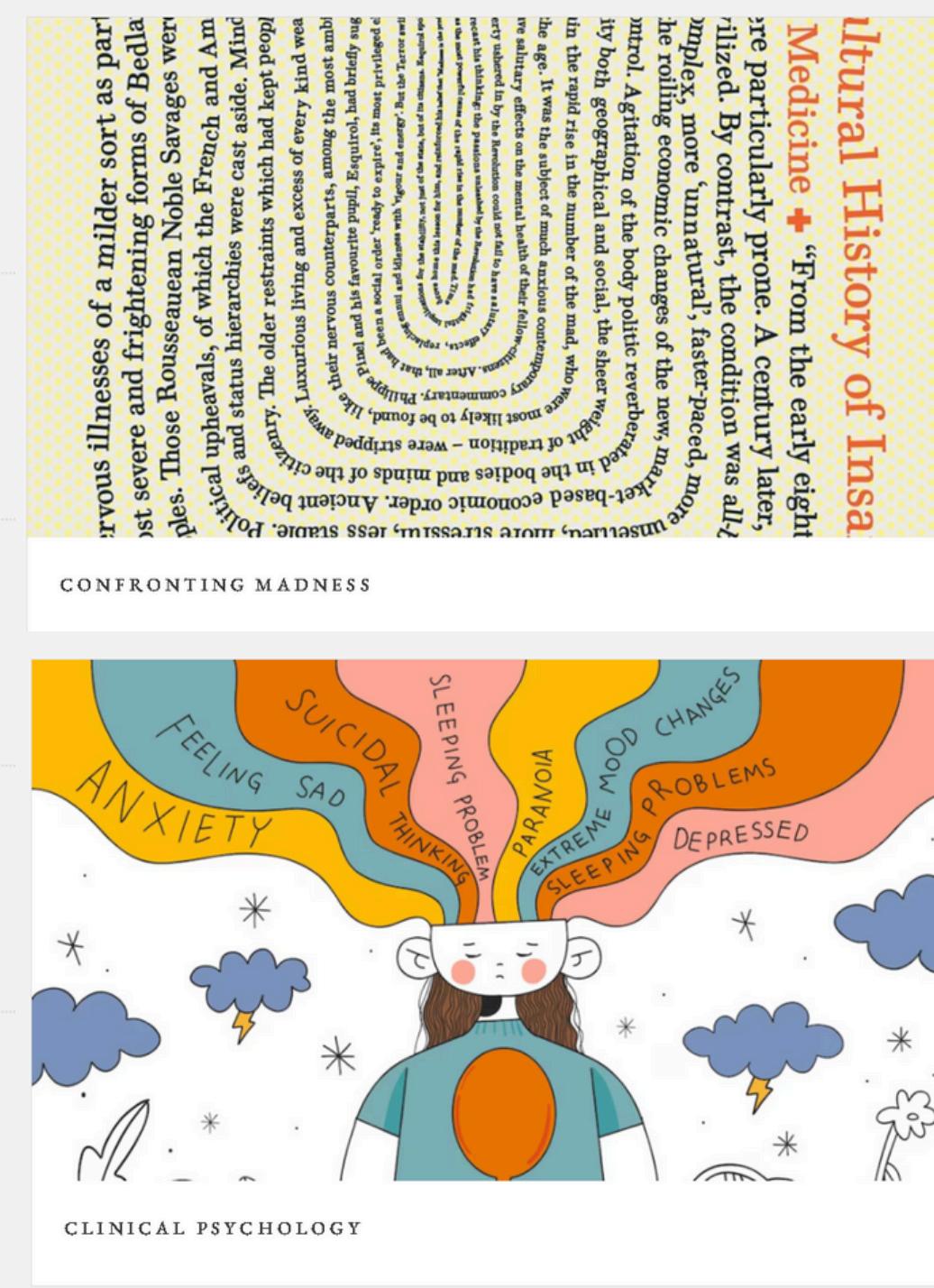
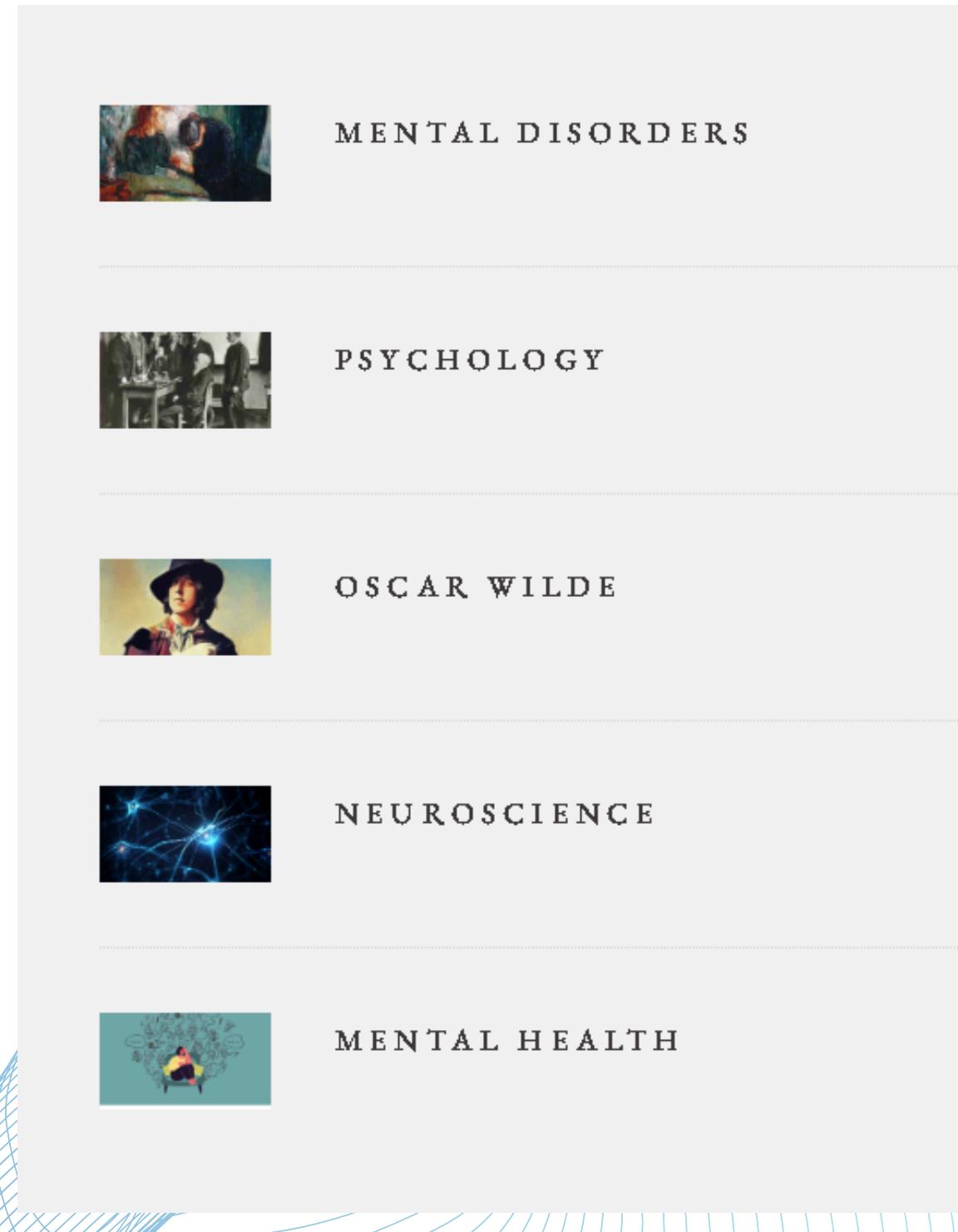
Address: Mind Solutions, Batala Road, 28 A, Gali Number 2, Vijay Nagar, Amritsar, Punjab 143001

Contact: +91-9592004567

FIND PSYCHOLOGISTS

# MODULES AND WORKFLOW

### 3. Library (Medically accurate and informative articles and blogs on various mental health topics.)



# MODULES AND WORKFLOW

## 4. Submit a Blog (Users can contribute their own blogs sharing personal experiences and insights related to mental health.)

Name \_\_\_\_\_

Your Name

## Email

Your Email

# Blog Heading

# Blog Heading

## Article



Write your article here

SUBMIT ARTICLE

# MODULES AND WORKFLOW

## 5. MH Evaluation (Scored and Unscored Mental Health Evaluation tests.)

### MHE Form

This form collects your data and has objective as well as subjective questions. It will be evaluated by a professional and will not be scored.

[GO TO MHE FORM](#)

### MHQ Form

This form will score your mental health quotient, and has been created by professionals at Sapien Labs.

[GO TO MHQ FORM](#)



# MODULES AND WORKFLOW

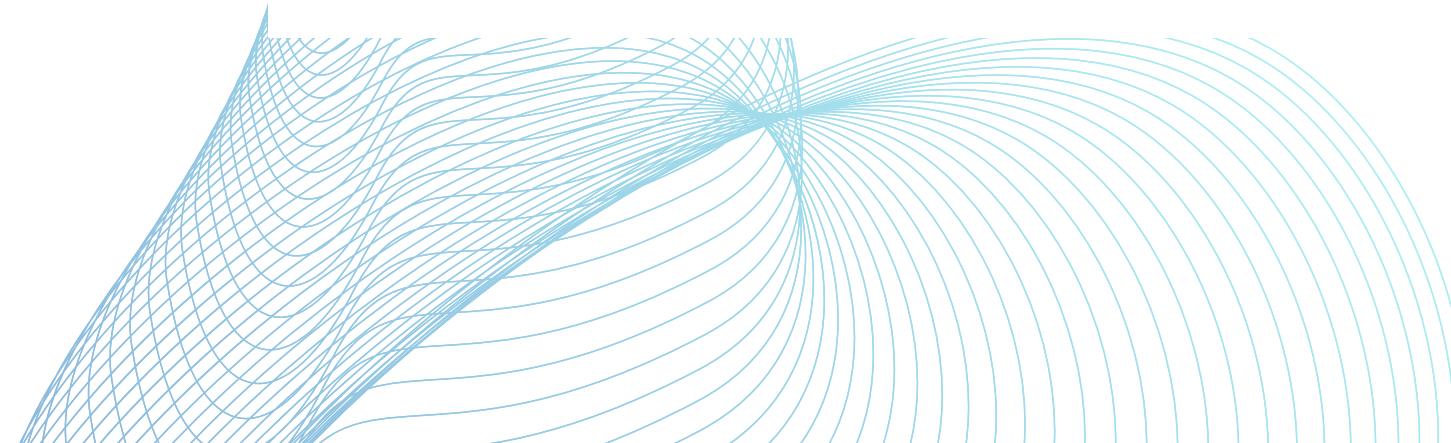
## 6. Admin Controls (Login, Signup and Admin Dashboard.)

### ADMIN DASHBOARD

WELCOME TO THE ADMIN DASHBOARD. CHOOSE AN OPTION BELOW:

[VIEW BLOGS](#)

[VIEW MESSAGES](#)



### SIGN UP

PLEASE ENTER YOUR CREDENTIALS TO SIGN UP.

Name

Your Name

Email

Your Email

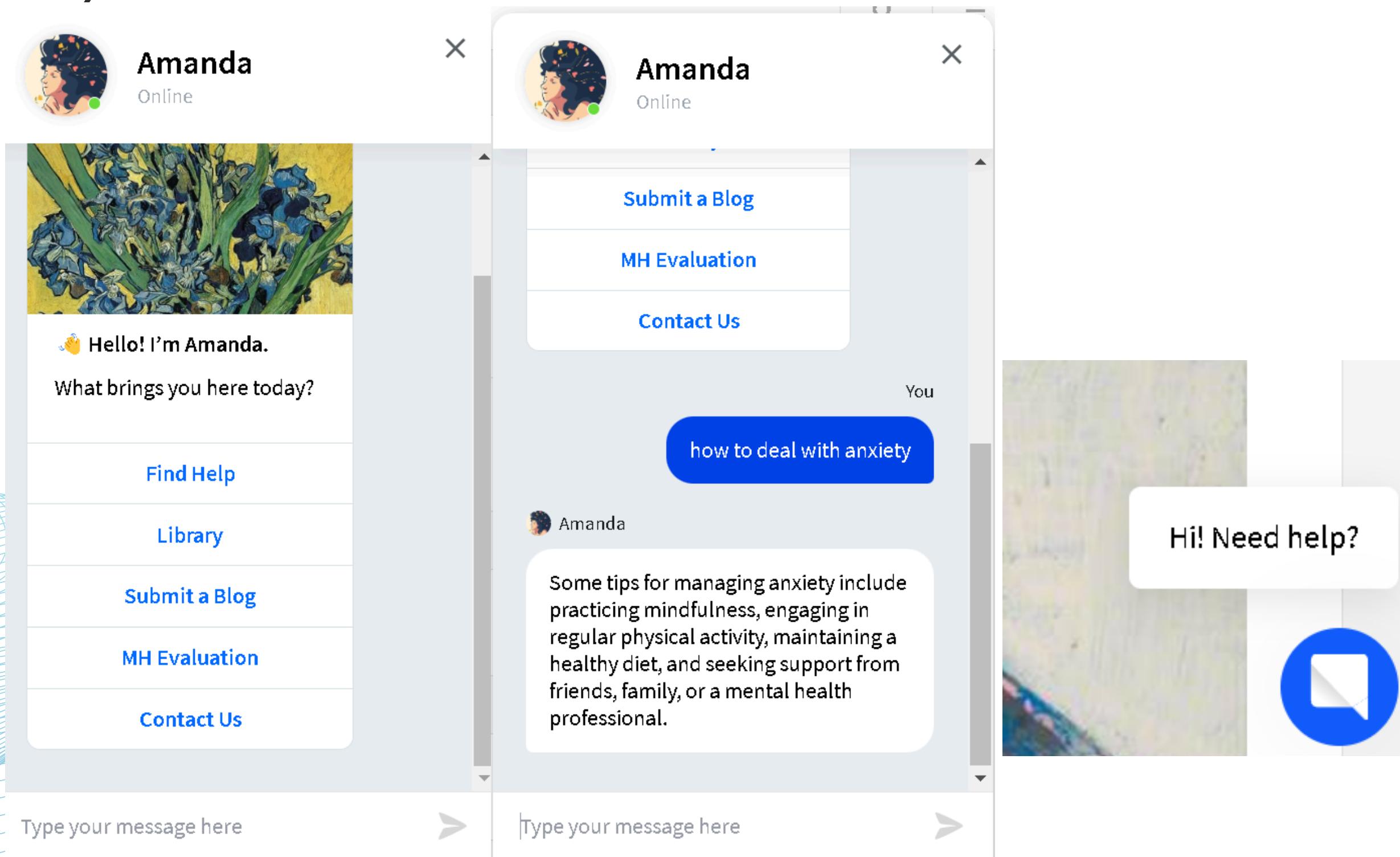
Password

Your Password

[SIGN UP](#)

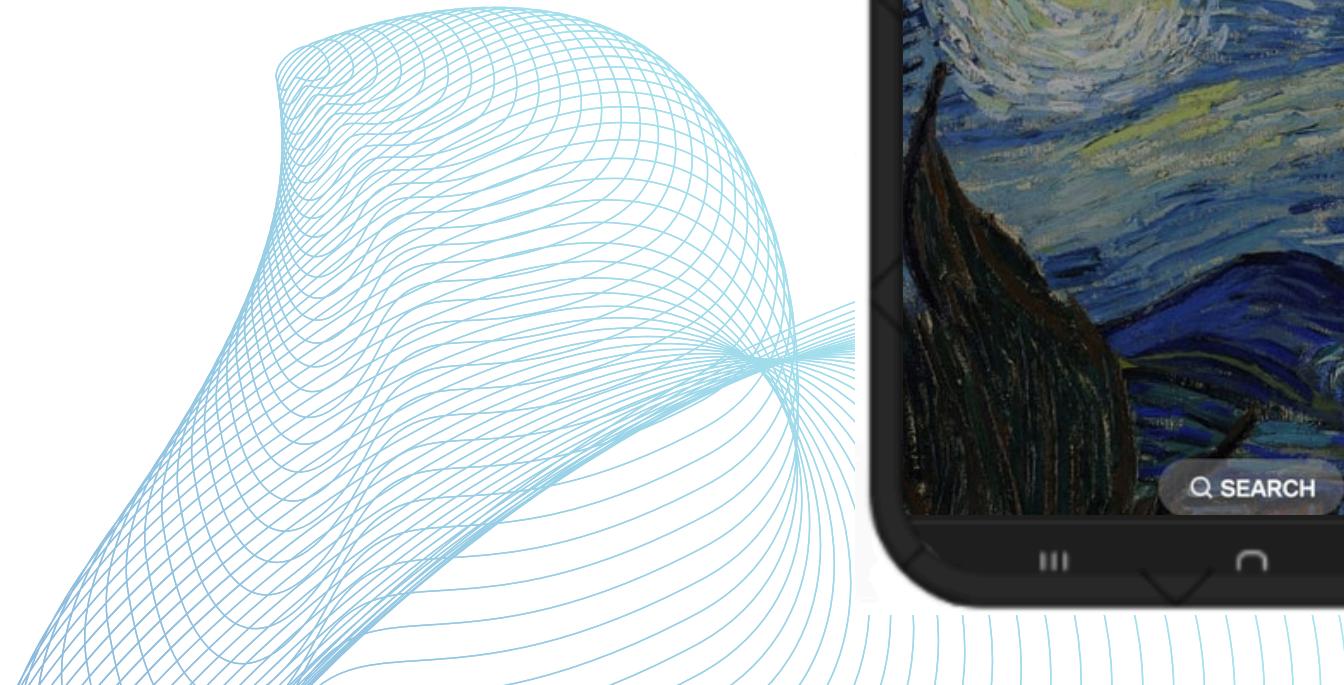
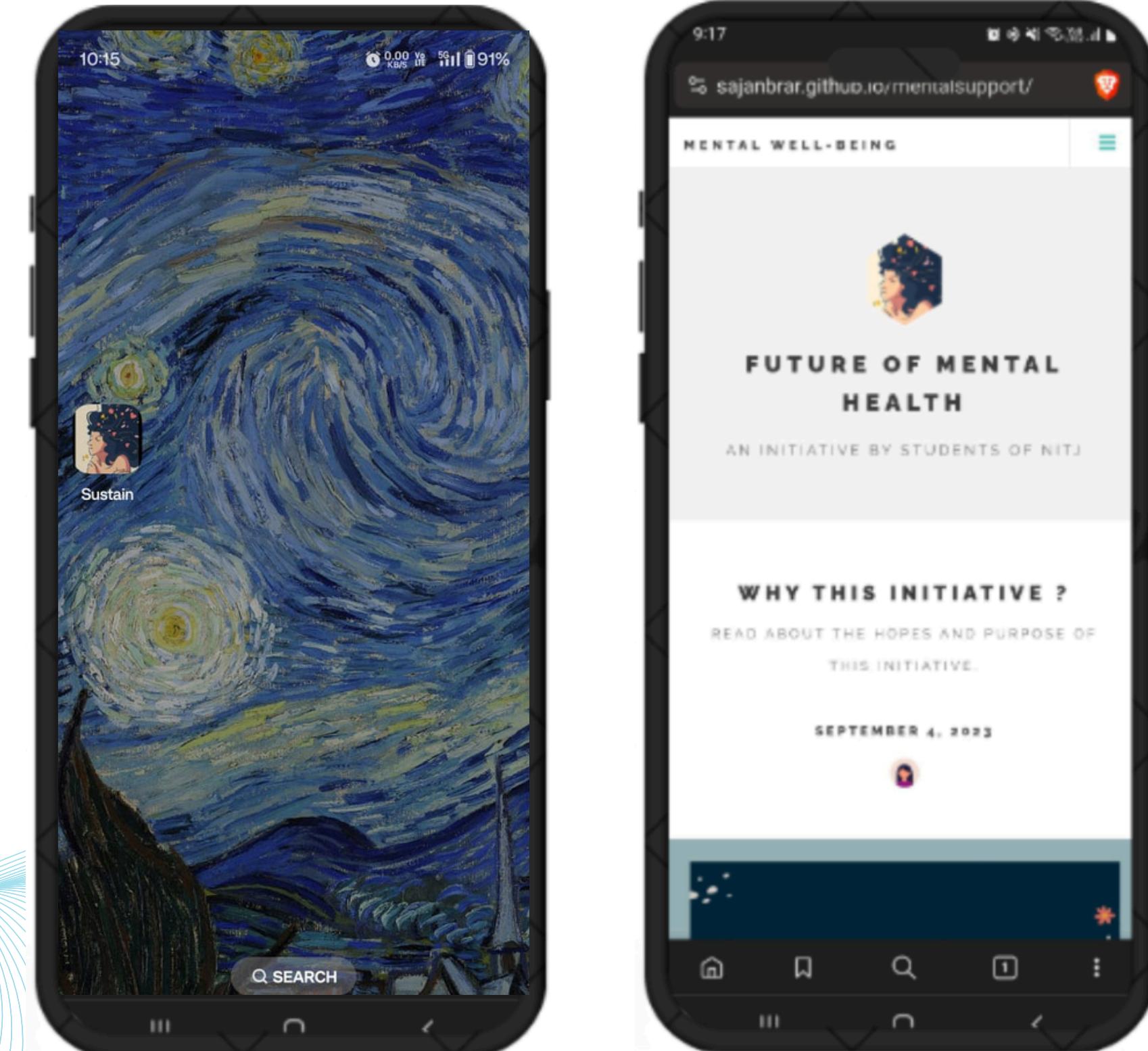
# MODULES AND WORKFLOW

## 7. AI Chatbot (Helps in navigating the website and answers frequently asked questions.)



# MODULES AND WORKFLOW

## 8. Mobile Application (All the features of the website on your smartphone.)



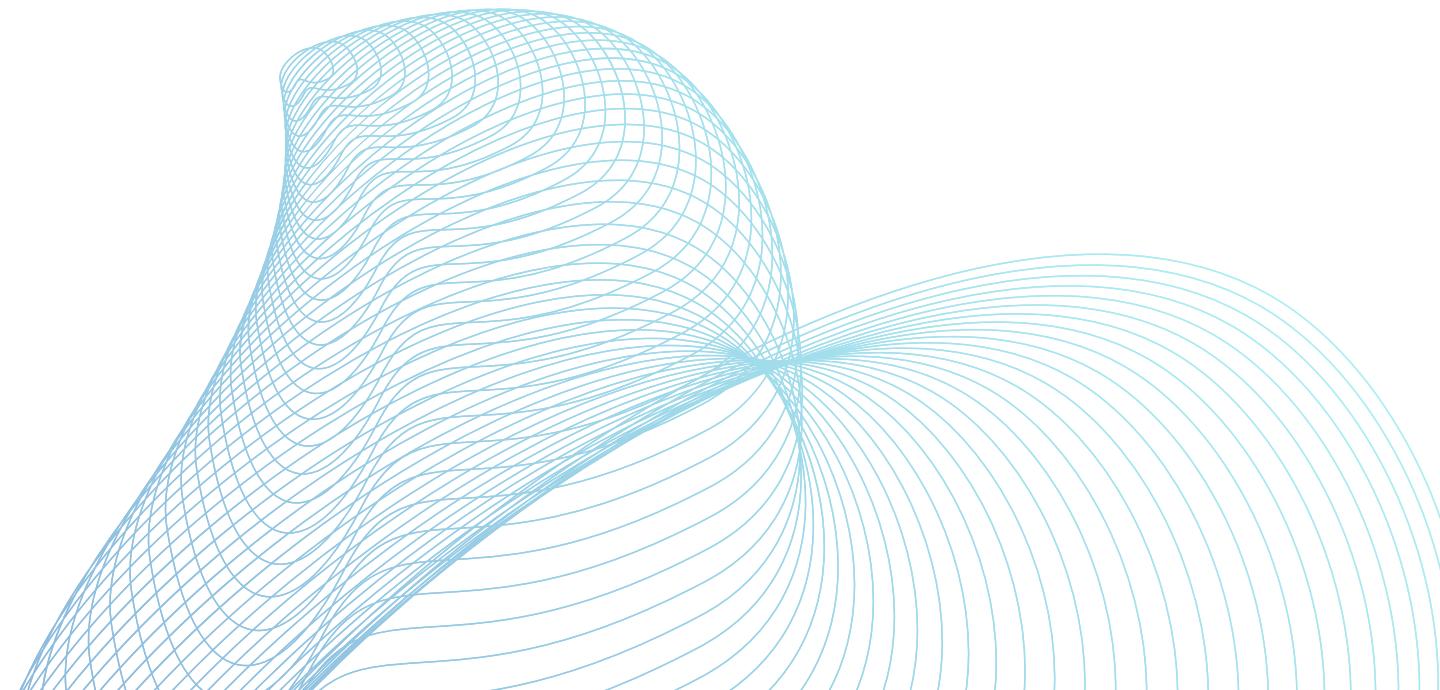
# RESULTS AND DISCUSSION

- **Mental Health Prevalence:** Significant increase in reported cases of anxiety and depression in Punjab.
- **Addressing Key Challenges:**
  - Stigma Reduction: Safe and confidential platform.
  - Enhanced Accessibility: Easy access to professionals and resources.
  - Information Dissemination: Reliable and updated articles.
  - Mental Health Literacy: Empower users with knowledge.
  - Community Engagement: Foster a supportive community.



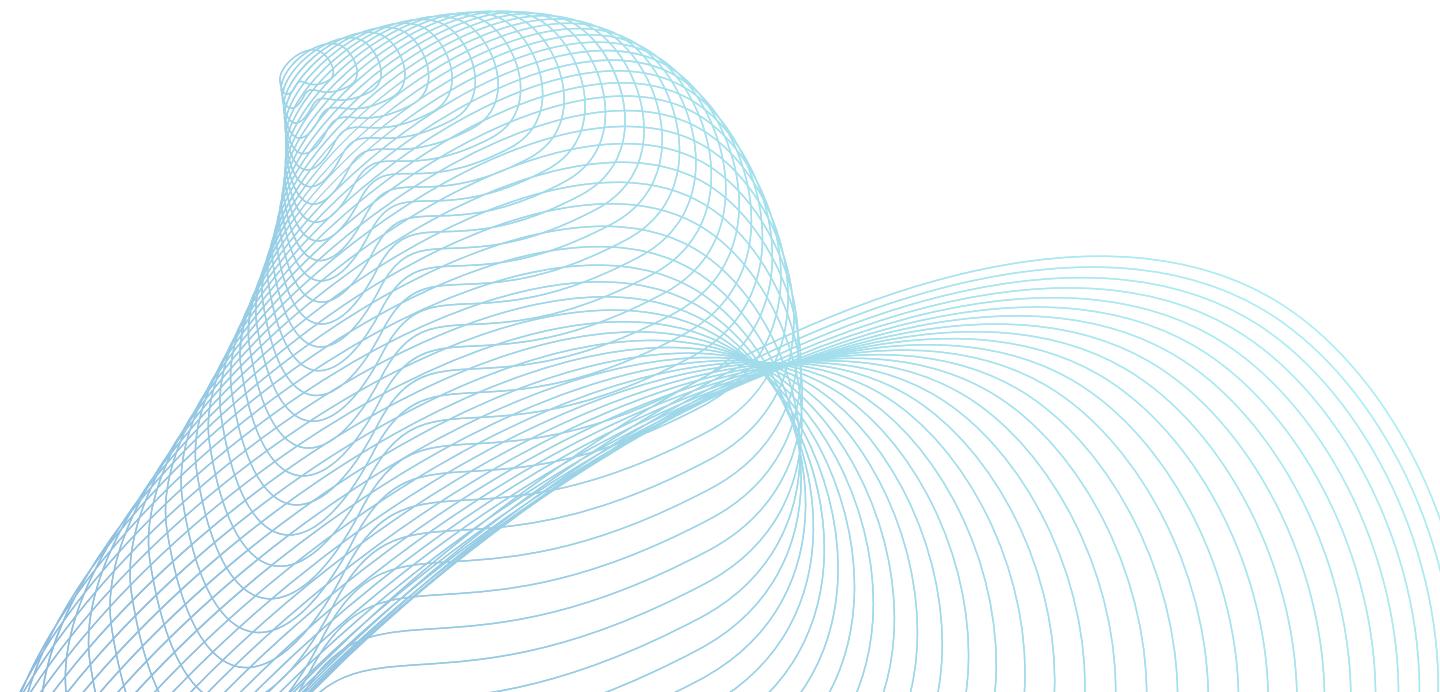
# FUTURE SCOPE

- Continuous data analysis and user feedback incorporation.
- Including more psychiatrists from more diverse regions and specializations.
- Expansion of outreach and community engagement efforts.



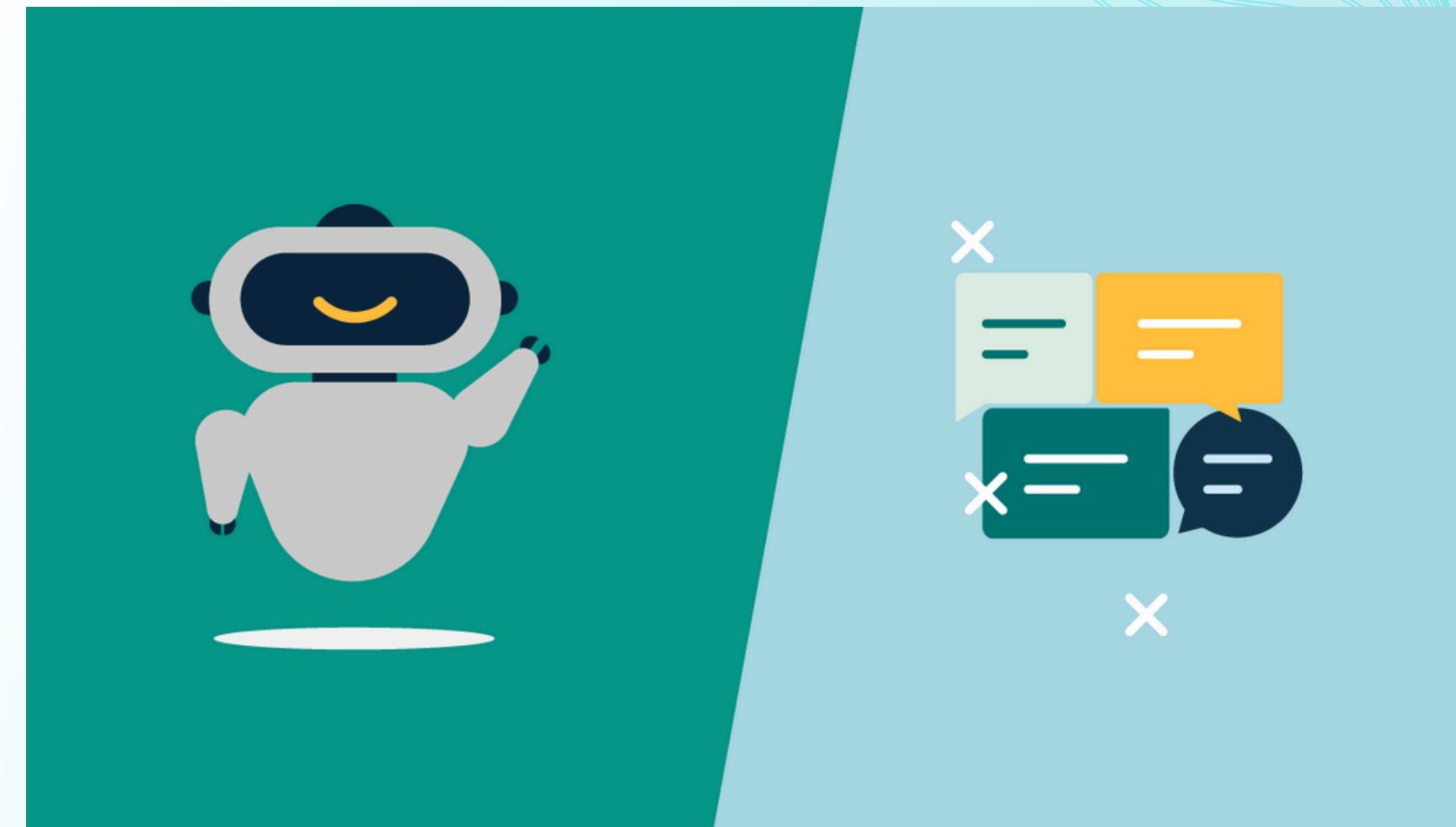
# CONCLUSION

- The Mental Health Support Website aims to make a significant impact on mental health support in Punjab.
- Ongoing efforts are crucial for sustaining and expanding the platform's impact.
- Invitation to join the mission of promoting mental health awareness and well-being.



# LINKS

- **Website**



# THANK YOU

